

WHITE KIDNEY BEANS COOKED IN DUCK FAT



PRESENTATION

Find your plate with this traditional recipe Mutular , the delicious flavors of yesteryear cooked white kidney beans ! They ideally accompany duck confit , sausages or meat ... they will satisfy the whole family as much for their taste as for their nutritional qualities. Rich in protein, fiber and minerals, they bring you many benefits and health balance with every bite !

COOKING ADVICE

Heat over low heat in a saucepan or on medium power in a suitable dish in a microwave. Season to taste (butter, gravy, etc). Serve hot..

NUTRITION FACTS

for 100 g

Protein	8,2 g
carbohydrates	12,6 g
Fat	0,5 g
Calories	89 Kcal

INGREDIENTS

White kidney beans 60%, cooked sauce 40%.

AVAILABLE WEIGHT

840 g.

